

Harvest Health at Home



Eating for the Second 50 Years

Making
SNACKS
Work for You!

Inside:

- The "Grazing" of America
- Fast Snack Facts
- A Harvest of Healthy Snack Ideas
- Dear Doctor Diet



North Dakota State University, Fargo, North Dakota 58105
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How Do Your Snacks Stack Up?

Mark the box which best describes your snacking habits.

	Always	Some- times	Never
1 I avoid snacks within one hour of a meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I plan my snacks to get nutrients I might miss at meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I have fresh fruit or cut vegetables available for snacking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I snack when I am hungry, not because I am bored or lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 When making my favorite snacks, I make them with less sugar, fat or salt, if possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I vary my snacks so that I get different nutrients from different foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 When I have a snack that's high in fat, sugar or salt, I adjust by eating foods that are lower in these things the rest of the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I read labels to find the "hidden" fats in such snacks as cake, cookies, chips, muffins and crackers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<hr/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TOTAL NUMBER CHECKED		

How Did You Do?

Add the number of boxes you checked in each column to see how your snacks stacked up.

ALWAYS

You have a bumper crop!
If you checked 5 or more
answers in the first column,
you are a smart snacker.
KEEP UP THE GOOD
WORK!
READ ON FOR NEW
IDEAS.

SOMETIMES

Your harvest is near!
If you checked the most
answers in the second
column, you are on your
way healthy snacking.
READ ON TO LEARN
SOME NEW SNACK
IDEAS.

NEVER

Sorry, low crop yield.
If you checked most answers
in the last column, you need to
eat more nutritious snacks.
READ ON TO LEARN
HOW TO SNACK
SMARTER AND MORE
NUTRITIOUSLY!



Science and Research News

The “Grazing” of America

“Grazing” may be good for you. Many nutritionists say grazing, or snacking on minimeals, may very well be a healthier way to eat than three large meals a day.

According to the American Heart Association (AHA), the original research on the effects of many small meals found that if you took one day’s food intake and divided it into 17 minimeals, total blood cholesterol dropped, especially the “bad” cholesterol. While eating 17 times a day is not practical for most people, eating five to six meals a day, instead of two or three, can have a number of health benefits.

At first, grazing was thought of only as a possible way to lose weight. “There is some evidence that people who snack in a wise sort of way may find weight control easier,” says David J.A. Jenkins, professor

of medicine and nutritional science at the University of Toronto.

Further, the AHA points out, nibbling or snacking can be useful for diabetics because it keeps blood sugar levels more even without the big demand for insulin created by larger meals.

Yet, with these health benefits, “Snacking has undeservedly gotten bad press,” says Dr. Jenkins. And, despite positive research findings on the benefits of healthful snacks, advertisers continue to push calorie-laden snack foods high in saturated fat, salt and sugar.

If you want more information about healthful snacks, contact a registered dietitian (RD) or your local extension office.

FAST SNACK FACTS

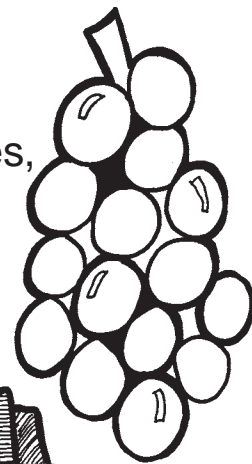
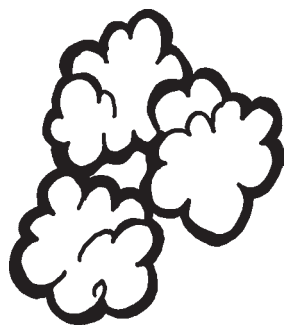
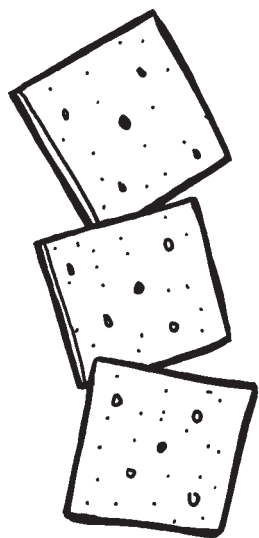
- Senior citizens generally require fewer calories because of less activity, but vitamin and mineral needs are similar to those of younger adults. Snacks that are moderate in calories, fat, sugars and sodium, but high in vitamins and minerals, are the best choices.
- Snacks like carrot sticks, green peppers, cherry tomatoes, cauliflower and broccoli have very few calories per serving, but provide needed vitamins and minerals.
- Americans spent over \$16 billion on processed snack foods in 1997*.
- Potato and corn chips are the snacks most often eaten by Americans.

SNACKS

Simple! Easy! Delicious!

Simple steps to yield healthier snacks:

1. Stock up on plain popcorn, lowfat whole-grain crackers or bread, unsweetened 100% fruit juices, fresh fruits and vegetables, plain nonfat yogurt and lowfat cheeses.
2. If a snack is replacing a meal, choose snacks that are more like meals, such as a sandwich or hearty salad.
3. Go easy on snacks that list sugar as the first ingredient.
4. Avoid snacks that contain lard, beef tallow, palm, palm kernel or coconut oils—all high in saturated fat.
5. Try crackers and cookies that are lower in fat like crisp breads, melba toast, saltines, graham crackers or fig newtons.



Simple Substitutions

Typical Snack

Healthier Snack

ice cream	→	nonfat frozen yogurt
potato chips	→	low-salt pretzels
doughnut	→	raisin bagel
frosted chocolate cake	→	angel food cake with fruit
cheddar cheese and crackers	→	part-skim mozzarella and saltines
peanuts	→	popcorn
candy	→	dried fruit
chocolate chip cookies	→	ginger snaps
pastry	→	banana

Harvest of Healthy Snack Ideas

To harvest healthy snacks, plan ahead to make each snack something you like that's nutritious too. Choose foods that are lower in fat, cholesterol, sugars and sodium than standard snack fare. Or, make adjustments for the extra fat, sugars or sodium in a favorite snack by eating foods that are low in these substances the rest of the day. And remember, a small serving means less adjustment or maybe none at all. Check out these snack ideas:

BREAD, CEREALS AND OTHER GRAINS

- Minipizzas: Place tomato sauce on bagel half, crisp bread, English muffin half or pita bread. Sprinkle with Italian seasoning and top with a thin slice of part-skim mozzarella cheese. Place in warm oven or microwave for a few seconds to melt cheese.
- Season hot popcorn with chili powder, garlic powder, parmesan cheese or a combination.
- Top angel food cake with unsweetened fruit, such as peaches or strawberries.

FRUITS

- Combine one 8-ounce carton of plain lowfat or nonfat yogurt and 1 tablespoon of orange juice or lemonade concentrate. Chill and serve as a dip with fruit chunks.
- Enjoy dried fruits like apricots, apples, raisins and prunes in moderation. They're high in sugars.
- Broiled fruit: sprinkle a dash of cinnamon on a grapefruit or peach half, on a split banana, or on a thick apple or pineapple slice and place under the broiler for about 5 minutes.

VEGETABLES

- Marinate cooked or raw vegetables in no-oil Italian dressing.
- Combine the following in a blender and whirl until smooth: 1 cup of lowfat or nonfat cottage cheese, 2 to 4 tablespoons of skim milk, and dill weed or chives to taste (start with 1/2 teaspoon). Enjoy this dip with an assortment of raw vegetables as dippers.

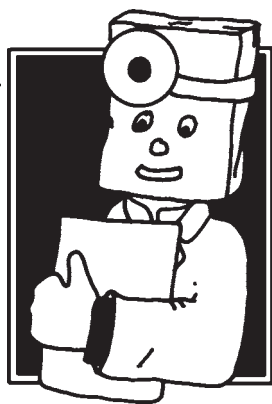
MILK, YOGURT AND CHEESE

- Nonfat milk shake: blend 1 cup of skim milk, 1 cup of ripe or canned fruit, 1 teaspoon of vanilla and two to three ice cubes in a blender.
- Fruit Smoothie: blend 1 cup of plain lowfat or nonfat yogurt, 1/4 cup of pineapple juice, 1/2 cup of unsweetened fruit and two to three ice cubes in a blender or shaker.
- Alternate lowfat cheese cubes with fruit chunks on skewers for a fun snack.

MEAT, POULTRY, FISH, EGGS, DRY BEANS

- Slice cucumbers or zucchini into quarter-inch slices. Spread with mashed hardcooked egg made with prepared mustard, or drained tuna mixed with lowfat salad dressing.
- Bean dip: combine cooked, mashed pinto or kidney beans with chopped onion, chili powder and garlic powder to taste. Add some bottled salsa for flavor and to thin the dip to the desired consistency. Serve with assorted raw vegetables.

DEAR DOCTOR DIET



Advice for those diet dilemmas

Today readers ask about SNACKING...

Dear Dr. Diet,

I know I should eat more raw fruits and vegetables to stay healthy, but my gums hurt when I eat them.

Signed,
Ache E. Gums

Dear Mr. Gums,

Any time a person has gum pain, it's a sign that something is wrong. Whether you have dentures or your own teeth, you need to go to your dentist and express your concerns. With the right treatment you should be eating all the raw foods you want. Good luck!

Signed,
Dr. Diet

Dear Dr. Diet,

I really like eating several small meals instead of three large meals, but lately I have lots of heartburn when I go to bed. What can I do?

Signed,
I've Got A Burning Sensation

Dear Sensation,

A possible reason for your problem may be that you are eating too close to your bedtime. Often heartburn can be caused by "gastroesophageal reflux"—the backup of stomach contents into the lower esophagus, where stomach acids produce burning or "heartburn." One solution is to eat several hours before retiring so that the food has time to empty from your stomach. If you're prone to heartburn, avoid foods with caffeine, lots of fat, citrus fruits and juices, peppermint, spearmint, alcohol, chocolate or tomatoes. Sometimes elevating the head of your bed six to nine inches will help. Wood blocks or bricks under the bed frame legs should do the trick. Of course, if this problem continues or recurs frequently, see your physician.

Signed,
Dr. Diet

Ten trade-offs for the carrot stick

You're trimming fat and calories, but you yearn for something crunchy or chewy. Who says the carrot stick is the only way to snack? Here are 10 satisfying substitutes for carrot sticks. Each contains about 50 calories - the same as a large carrot.

- 50 pretzel sticks
- 2 slices whole-grain crisp bread
- 2 cups air-popped popcorn or 1 cup oil-popped popcorn
- 12 grapes
- 1 small apple
- 1 ounce stick of part-skim mozzarella string cheese
- 2 regular bread sticks
- 2 squares graham crackers
- 4 saltine crackers
- 5 dried apricot halves

Harvest Healthy Snacks Every Day!

Believe! that snacking can work for you.

Decide! to eat healthier snacks, every day!

Make it your goal:

- To choose snacks with less fat, sugar, and salt.
- To plan snacks that contribute to your daily nutrient intake

Think about what you eat..... Can you list 5 snack foods that are high in fat, sugar or salt that you can eat less frequently?	Now, list 5 lowfat, low-salt, or low-sugar snacks you plan to add to your diet.
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.



TACK THIS UP TO YOUR CUPBOARD OR REFRIGERATOR

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